

To: Jill Myers, Town Manager

From: Marsha Petrillo, Director

Re: Senior Center Monthly Report

The Senior Center is pleased to submit the following report for the month of **July, 2007:**

The Uxbridge Council on Aging and the Senior Citizens of Uxbridge extend their heartfelt thanks to the men and women of our fire department for protecting our Senior Center from the intense heat and embers emerging from the devastating fire on July 21st at the Bernat Mill Complex. As an expression of our thanks and appreciation we will host a luncheon to honor our fire fighters on Thursday, August 16<sup>th</sup> beginning at about 11:30 am. At this time we invite the Board of Selectmen, entire Emergency Management Team and the Town Manager and the community at large to join us to express our gratitude.

As you know, many of our senior citizens worked in the Mill. They have been recounting special stories and sharing memories of their work experiences throughout the week. Recently, Andy Levin stopped by to interview some of our seniors for a story to appear in next week's Tribune. This was good therapy for them. It is healing to reminisce and recount their personal work experiences. Because the mill helped to support and maintain the livelihood of so many of our senior citizens we are urging persons with pictures, mill memorabilia and special memories to attend our luncheon and share their stories. Former Fire Chief William Albin will tape the honorary luncheon for cable access so that those who are unable to offer up their thanks in person can also feel part of the luncheon ceremony. Please let us know if you will attend so that we can order a meal for you; we are serving a turkey dinner and a special cake. Reservations must be made 48 hours in advance by calling Carrie at 508-278-7609.

### **Van Grant**

I am happy to report that the van grant application was submitted on July 13 to the Executive Office of Transportation and Public Works. It is my understanding that the grant awards will be announced in September or early October. I will report any news to you as soon as I hear.

### **Special Thanks**

Every day 2,000 people turn 60 years old in the USA and that more than 6,000 American women turn 50 every day. Yet, while our senior population is growing, many of our local Senior Centers have been forced to level fund their budgets or cut back due to the growing deficit between local revenues and expenses. In light of this growing problem across the Commonwealth, I have some very good news to report. The Senate Ways and Means Committee recently concurred with the House regarding a 3% increase in Line Item #9110-9002 "Local Aide to Councils on Aging". Our sincere thanks go out to Senator Richard T. Moore and Representative Dr. Jennifer Callahan for their leadership

and support of Councils on Aging across the Commonwealth. Please know we will put the increase to good use here in Uxbridge. The 3% increase means that our State Formula Grant will increase from \$6.30 per senior to \$6.50 per senior for FY 08. As many of you already know, our Senior Center uses its Formula Grant money to pay our escort drivers a small stipend to transport our senior citizens to and from medical appointments. Transportation is a serious issue for many of our seniors. Lacking public transportation and with only one part time taxi service in Uxbridge, many of our seniors are challenged to find safe and reliable rides to and from medical appointments. If you, or someone you know, is in need of transportation please contact us at 508-278-8622. We will be happy to assist you. If there is a conflict, we may be able to reschedule your appointment at a time that is convenient for you. Please call us as soon as you make your appointment. Our transportation services are in great demand and offered on a first come first served basis M-F during the hours of 8:00 am to 4:00 pm.

**Summer Wellness Programs offered during the month of July with Sandra Waite, Fitness Instructor**

Beginning Tuesday July 3<sup>rd</sup>, the Senior Center will offer Mat Pilates for Seniors and Friends from 3:30 pm to 4:30 pm. Mat Yoga will begin on Thursday, July 5<sup>th</sup> from 3:15 pm to 4:15 pm. While our wellness programs are offered free of charge to senior citizens and their friends, we do request a voluntary donation of \$3.00 per class per person to help cover the costs for running these special programs.

**DONATION REMINDER:** If you would like to make a monetary donation to the Senior Center, we ask that you make all checks and money orders payable to: THE TOWN OF UXBRIDGE. Monetary donations, payable to the Town of Uxbridge, will be deposited weekly into our donations and gift account. Please know that your donations will be used to help fund educational programs, special events, and additional services offered only at the Senior Center. If you have any questions about how to make donations to the Uxbridge Senior Center please do not hesitate to call me at 508-278-8622. We are grateful for your donations and appreciate your continued support.

**GROCERY SHOPPING:**

Attention Uxbridge Seniors: Do you need transportation to the grocery store? Did you know that we travel to Hannaford Market every Tuesday and Wednesday morning? Please contact our Transportation Coordinator, Joe Rondeau, @ 508-278-8622 to make your reservation on the van. Pickup begins at 8:30 am.

**IMPORTANT NOTICE:** The Tuesday night NAMI Support Group will pause for the summer months of June, July and August. The group will resume meeting at the Senior Center on Tuesday, September 4, 2007 at 7:00 pm. Please call Connie or Jim at 278-9833 if you have any questions or need more information about this important support

group. This group offers support to individuals who have loved ones diagnosed with mental illness.

The Senior Club will take a summer break for the months of June, July and August and resume their meetings on Wednesday of September 12th at 1:30 pm. The Senior Club meets on the second and forth Wednesdays each month.

### **July 2007 - UPCOMING EVENTS**

#### **Pitch Party Every Monday Night:**

July 2, 9, 16, 23 & 30. Pitch begins @ 6:30 PM ~ \$2 donation. We are always looking for new participants. We have a big comfortable Center. Just right for playing cards together. Stop by and check us out. We offer 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> prizes, Door Prizes, and fun, fun, fun! Coffee and complimentary refreshments served each week.

#### **Tuesday Afternoons 1:30 – 4:00 PM:**

Come join us for an afternoon of card playing every Tuesday at the Uxbridge Senior Center. Contact Rita @ 278-2824 for more information about this card group. All are welcome!

#### **Sun., July 1:**

The UNNC will meet at 7:00 pm. Call Julie Blehyl, UNNC President @ 278-9994 for more information about this fun group.

#### **Tues., July 3:**

*Special Patriotic musical luncheon with Shari Dunlap's students.* We will have door prizes and a raffle basket. Call Carrie, 48 hours in advance, at 508-278-7609 to reserve your meal.

#### **Thurs., July 5th:**

SHINE Representative Mary Rice will be on hand from 9:00 am to 11:30 am to answer your medical and insurance questions. Please call Mary at 508-278-8638 to schedule an appointment to discuss Prescription Advantage, MassHealth Buy-In, Evercare, SCO, Fallon and Medicare Part D.

#### **Thurs., July 5th**

**Super Wal-Mart Shopping** –We have maps of the Wal-Mart floor plan to help you find your way through this super store! Each department is listed including the grocery store. Pickup begins @ 8:30 AM – You must call each month to reserve your seat to Wal-Mart. Sorry, we cannot save your seat from month to month. Please call if

you can't make it so the next person can jump aboard from our waiting list. Thank you!

**Tues., July 10<sup>th</sup>:**

**COA Board Meeting @ 5:00 PM – Welcome new members.**

**Weds., July 11<sup>th</sup>:**

**Lunch n Learn @ 11:30 am** featuring Robin Thorpe, RN Community Liaison and Coleen Tarantino, Director of Rehab Services from Lydia Taft House. Robin & Coleen will discuss a variety of safety tips and guidelines for a safe and healthy summer. A question and answer session will follow their discussion. Please join us for this informative talk. Bring a friend! Call Carrie @ 278-7609 to make your reservation today.

**Weds., July 11<sup>th</sup>:**

6:30 PM - Uxbridge Taxpayer's Meeting @ Senior Center

**Thurs. July 12<sup>th</sup>:**

Tri Valley Special Picnic Lunch at Riverbend Farm. Make your reservations early. Call Carrie at 508-278-7609

**Weds., July 25<sup>th</sup>:**

1-2:30 PM Fallon Rep Gail Trubow will be on board to answer your personal insurance questions. Please call the Center to sign up. First Come - First Served.

**Sat., July 28<sup>th</sup>:**

SERVE New England: Distribution begins @ 10:00 AM Call 1-888-742-7363 or go online to [www.serve-newengland.org](http://www.serve-newengland.org) to learn how you can save up to 50% and more on high-quality, fresh foods.

**REMINDER:** Transportation to and from medical appointments is available at the Senior Center. Call ahead, as soon as you book your next appointment. It is never too early to book an appointment. If you are willing, we will gladly reschedule your appointment if there is a conflict. Call us at 508-278-8622 to make your medical appointment reservation.

**JULY MENU** - We invite you to come and join us for lunch beginning at 12 noon daily. Let us know how you like our new meal selections. Please call Carrie Walden, Nutrition Site Manager, 48 hours in advance to reserve your meal. Bill can be reached @ 508-278-7609. \$2 Donation per meal - \$3.50 ages 59 and under.

The menu includes milk and margarine. Menus are subject to change.  
Reservations must be made 48 hours in advance.

7/2 Salmon Boat

7/3 Meatloaf

7/4 Center Closed in observance of July 4<sup>th</sup> - Independence Day

7/5 Roast Turkey

7/6     **Chicken Florentine**  
 7/9     **Beef & Bean Chili**  
 7/10    **Pot Roast Stew**  
 7/11    **Buttermilk chicken**  
 7/12    **Chicken & Roasted Pepper Wrap**  
 7/13    **Stuffed Peppers**  
 7/16    **Potato Crunch Fish**  
 7/17    **BBQ Chicken**  
 7/18    **Garden Swiss Steak**  
 7/19    **Cheese Lasagna**  
 7/20    **Roasted Chicken**  
 7/23    **Swedish Meatballs**  
 7/24    **Beef Marsala**  
 7/25    **Baked Chicken w/supreme sauce**  
 7/26    **Italian Sausage**  
 7/27    **Mac n cheese**  
 7/30    **Chicken Salad & German Potato Salad**  
 7/31    **Roast Turkey**

### **Outreach Report**

Our Outreach Coordinator works 15 hours each week and is available on Tuesdays and Wednesdays from 9:00am – 3:00 pm and Thursdays from 8:00 am to 11:00 am.

Office Visits	18	Home Visits	0
Nursing Home Visits	5	Wakes & Funerals	4
SMOC Recerts & New Applications	3	Telephone calls in & out	107
Medical Appointment	2	Cards sent	10
SHINE / Office Visits	12	SHINE Meeting	1

### **Monthly Stastical Data**

The following statistics represent the number of individuals using our transportation services, meals on wheels, luncheon attendance and attendance at our various programs for the month of **July, 2007**:

Van Transportation	290	Medical Transportation	66
Tai Chi	21	Card Games/Pitch	130
Meals on Wheels Delivered	1,650	Weekend meals delivered	32
Congregate Meals Served	431	<b>Total Meals Served</b>	<b>2113</b>
Cash Turnovers	\$510.50	Phone calls in & out	600+

Guestbook	550+	Super WalMart	14
Cards sent to elders	19	River Bend Picnic Luncheon	26
Pilates, Line Dancing, Cardio & Yoga	12	Hannaford	40
Lunch attendance	190+	CVS	21
Bank/Other	22	Fourth of July musical luncheon	30
Computer Classes	8	Robin Thorpe of Lydia Taft Lunch n Learn	26

Respectfully Submitted,

Marsha E. Petrillo, Director